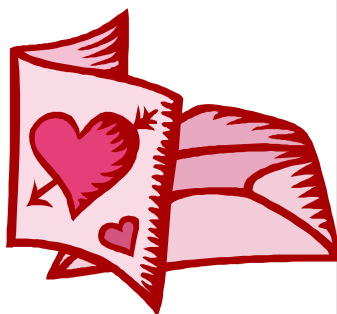


GRAND TRAVERSE
BAND ELDERS
ADVISORY MEETS THE
SECOND TUESDAY OF
EACH MONTH AT
1:00. THE
LOCATION OF THE
MEETINGS VARY
EACH MONTH.



**HAPPY
VALENTINES
DAY! FEB 14
ALL SITES I**

INSIDE THIS ISSUE:

Advisory Directory 2
Staff Directory

Care Giver News 3
AOA and Council
on Aging

Estate Planning 4
Tax Preparation

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on page

N S

GTB Elders Newsletter

VOLUME 2

FEBRUARY 2007

Elders ~ Order your GTB Jackets for only \$20

GTB Elders in the six county service area can order special jackets that will have the GTB logo on the front which can include personalization and on the back will say "Grand Traverse Band Elders" with two feathers and a wheel with the four colors. Or you can bring in your favorite jacket and have the logo embroidered on. **D**

OPTION ONE

Purchase a jacket (pick your own color, size)

S-XL Men and Women

XXL on up is an additional \$4 for each size up.

OPTION TWO

Bring in your favorite jacket to have the logo embroidered

First 100 elders this year. Next fiscal year we can do another 100 orders.
Please contact the site coordinators with your order! **K**





Grand Traverse County,
Administration on Aging!

*In the 1995 movie
"The Net" Sandra
Bullock plays a
computer
consultant whose
life is taken over
with the help of
computer assisted
identify theft.*

Snuggle up
with this
news!!



Caregiver Assistance News

Taking Care of Yourself—Managing Anger

Caregivers can easily become stressed, and the natural response to stress is anger. But expressing your anger or frustration to the person in your care never helps. Find positive ways to express yourself:

- ☐ **Vent** your feelings in a caregiver support group. The people in the group will understand how you feel and they will help you find practical solutions.
- ☐ **See** a therapist, family counselor, or clergy.
- ☐ **Write** your feelings in a journal.
- ☐ **Remember** that a chronic illness can change personality and behavior, and the person who makes you

angry may not be able to help themselves.

☐ **Positive** communication is the key to lowering stress in relationships.

Avoid accusations such as: "You make me angry." Instead say: "Please try to understand that being a caregiver is sometimes difficult."

The new Caregiver Program funding will resume starting March 31, 2007.

If you have questions please contact Pat Putney at 7762 or Lil Dorsch at 7763. Tips for caregivers call 1-800-658-8554. **U**

News from Grand Traverse County AOA

"Identity Theft",

Is the criminal abuse of consumers' personal identifiers!

Following are a few tips on prevention:

- ☐ **annualcreditreport.com** to get a report on your latest credit rating.
- ☐ **www.donot.gov** for unwanted phone calls, call 1-888-382-1222 **H**
- ☐ For those unwanted Credit Cards just call **1888-567-8688**, take me off your list..
- ☐ When shopping and they ask for your phone

number or zip code, You **do not** have to give them these identifiers! These are only used for market research by big companies.

Precautions: Shred documents, don't give out personal information, keep your personal information in a secure place at home, be alert for discrepancies in your financial bills and report fraud.

Area Agency on Aging of Northwest Michigan 947-8920 **G**

Grand Traverse County Council of Aging

For Grand Traverse County Residents only. Latest update on Available Services includes:

- * Snow Removal
- * Emergency funds have increased

from \$300 to \$500, for emergency home repairs. If you should receive a utility shut off notice, a note from your Dr. must be submitted for them to pay.

You will need an appointment with a caseworker to apply unless you are already a client.

GT Council of Aging
922-4688

S S

Estate Planning Meetings for Elders

As you all are aware, we scheduled some estate-planning meetings for the Peshawbestown and Traverse City sites last year. Some of the topics included:

1. Wills and trusts
2. Powers of Attorney (limited, general and durable, medical, etc.

3. "Five Wishes" forms and living wills. **E**

4. Elder abuse and exploitation

We will be scheduling more meetings to discuss these important issues with Tribal Elders at the Traverse City and Peshawbestown sites. If Elders from other sites in the 6-county service area would like

to have a meeting in your area, please contact Pat Putney, the Department Director for the Elders at 7762.

The Prosecutor's Office has just added a person to the "staff": Tanya Wanageshik is the new Assistant/paralegal, and she has experience working with Elders and some estate-planning issues, so she maybe assisting me with these meetings.

Attention Elders!

Free Tax Preparation!!!!

From your local "Commission on Aging"
Please call for your appointment and to see what paperwork you will need to bring.

Antrim: 533-8703 Benzie: 325-4851
Charlevoix: 237-0103 Leelanau: 256-7590
Grand Traverse: 922-4688 Manistee: 723-6477

Happy Belated Birthday to all January Elders!!!

Elizabeth Crockett 1/3	Gerald Luskey 1/7
Glen Miller 1/4	Ralph Miller 1/7
Thomas Anderson 1/22	Donna Day 1/20
Anna Harwood 1/23	Carolyn Fochtman 1/11
Leroy Hall 1/1	Maria Harper 1/1
Sharron Schneider 1/16	Valerie Williams 1/19
Albert Anderson 1/31 S	John Kughman 1/11
Patricia Jemkort 1/30	Thomas James 1/16
Rudolph Bailey 1/21	Russell Bailey 1/3
Elsie Dudley 1/10	James Chambers 1/31

And Many More to Come!

February Valentine Word Scramble !!!!

Webster's Dictionary describes Valentine as a sweetheart chosen on St Valentine's Day. A letter or greeting card sent to someone on this day!!!! Inside this Newsletter there is a word scramble. Find the bold red single letters and make three words! Hint: It has to do with Valentines Day!!! Enjoy the fun with a friend or group of friends. Or, unscramble it while having a warm cup of cocoa, or coffee on a nice chilly morning ! Happy Valentines Day!! **A**



February 2007 LEEELANAU





Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 LUNCH 12-1 STAFF MEETING TC 9AM HOME VISITS 1PM	2 BOWLING TC 11-3 LOCAL STORE RUN 11AM	3
4	5 LUNCH 12-1 TC STORE RUN 1 HEALTH BOARD TC 1:30	6 LUNCH 12-1 LEEELANAU ELDERS MEET 10AM GAME DAY 1PM	7 LUNCH 12-1 LANGUAGE 1PM MANISTEE CASINO 9-3	8 LUNCH 12-1 CHARLEVOIX BINGO 11-4 HOME VISITS 2PM	9 TACO FUND RAISER 11-2 LOCAL STORE RUN 2PM	10
11	12 LUNCH 12-1 TC STORE RUN 1PM	13 LUNCH 12-1 ELDER ADVISORY/ BINGO TC 11-4	14 LUNCH 12-1 LANGUAGE 1 PM ALL SITE VALEN- TINE TC 11-3	15 LUNCH 12-1 TC EUCHRE 1-4 HOME VISITS 1PM	16 OFFICE AM LOCAL STORE RUN 11 AM	17
18	19 LUNCH 12-1 TC STORE RUN 1PM	20 LUNCH 12-1 MT. PLEASANT ELDERS ACTIVITY 12-4	21 LUNCH 12-1 LANGUAGE 1PM	22 LUNCH 12-1 GAME DAY 1PM HOME VISITS 3PM	23 OFFICE LOCAL STORE RUN 11AM	24
25	26 LUNCH 12-1 TC STORE RUN 1PM	27 LUNCH 12-1 ALL SITE LUNCH/ MOVIE 11-4	28 LUNCH 12-1 LANGUAGE 1PM			





G.T.B. CHARLEVOIX ELDERS FEBRUARY 2007



CENTER OPEN MONDAY THRU FRIDAY FROM 8:00AM—5:00PM FOR WALKING EXERCISE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Grand Traverse Band of Ottawa & Chippewa Indians Charlevoix Community Center—10085 Wa-Ba-Noong-Mi-Kun, East Jordan, MI. For information on activities call Daniel or Gene Phone: 231-536-0024 or Cell: 231-492-4351 Elders Meal site lunches are served on Monday, Tuesday Wednesday, Thursday From 11:30am - 12:30pm</p>					
4	<p>5 T.C. Health Board Meeting 1:30pm (Dan staff meeting)</p> 	<p>6 Language Class 1:00pm—3:00pm</p>	<p>7 All sites Casino To Manistee 9:00am—3:00pm</p>	<p>8 All Sites Bingo Charlevoix 11:00am—4:00pm</p>	<p>9 Taco Fund Raiser 11:00am—2:00pm Charlevoix to T.C. Benize to Peshawbestown</p>	<p>10 FYI Pat Putney Cell—231-631-0284</p>
11	<p>12 Paper Work Day Home Visits Program Shopping</p> 	<p>13 Elders Advisory Meeting T.C. 11:00am—4:00pm</p>	<p>14 All Sites Valentines Party, T.C. 11:00am—3:00pm Happy Valentine's Day</p>	<p>15 Corn Soup & Fry Bread 11:00pm 1:00pm Video at Center</p>	<p>16 Craft Class 1:00pm—4:00pm</p>	<p>17 Valentine</p>
18	<p>19 Paper Work Day Home Visits Program Shopping President's Day</p>	<p>20 Lunch with Sag-Chips Leelanau Sands 12:00pm—4:00pm</p>	<p>21 Tribal Council Meeting 10:00am—12:00pm Ash Wednesday</p>	<p>22 Charlevoix Mini Bingo 1:00pm—3:00pm</p>	<p>23 Video & Pop Corn At Center 1:00pm - 4:00pm</p>	<p>24</p>
25	<p>FYI Elders Social Worker Judy Crockett 231-534-7184</p>	<p>26 Paper Work Day Home Visits Program Shopping Pat Putney Visit</p>	<p>27 All Sites Lunch & Movie T.C. 11:00am—4:00pm</p>	<p>28 Game Day Checkers 1:00pm—5:00pm Grand Prize</p>		

FEBRUARY 2007...BENZIE ELDERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 STAFF MTG. 9:00 T.C. ELDER LUNC H 11:30	2 ALL SITE BOWLING FI- NALS 11:30-3	3
4	5 LUNCH/LANGUAGE 11:30-2 HEALTH BOARDMTG. T.C. 1:30	6 ELDER LUNCH/ EUCHRE 11:30- 2	7 MANISTEE CASINO 9-3 ELDER LUNCH 11:30 FAM. LANGUAGE DINNER 5:30-630	8 CHARLEVOIX ALL SITE BINGO 11-4 ELDER LUNCH	9 TACO FUND- RAISER/ PE- SHAWBESTOWN 11-2	10
11	12 LUNCH/ LANGUAGE CLASS /PAT' S VISIT 11:30-2	13 ELDER'S ADVI- SORY/MINI BINGO T.C. 11-4	14 VALENTINE PARTY ALL SITE T.C. 11- 3	15 T.C. EUCHRE ALL SITE 1-4 ELDER LUNCH	16 IN OFFICE/ HOME VISIT	17
18	19 LUNCH 11:30 K. HASEN/ DIABETES 11-1 LANGUAGE 1-2	20 SAGINAW/ CHIPPEWA/GTB LUNCH/LEE. SANDS 12-4 ELDER LUNCH	21 T. COUNCIL 10:00 LUNCH/ EXER- CISES 11:30- 1:30	22 ELDER LUNCH/ MINI BINGO 11:30-2	23 IN OFFICE/ HOME VISIT	24
25	26 LUNCH/ LANGUAGE CLASS 11:30-2	27 PONDEROSA/ T.C. MOVIE 11-4 ELDER LUNCH	28 ELDER LUNCH/11:30 THRIFT STORE SHOPPING 9-3			



7282 Hoadley Rd.
Benzonia, Mi. 49616

Phone: 1-231-882-4116
Cell: 1-231-492-4358
Fax: 1-231-882-4194

E-mail:

Gptak@gtbindians.com



February 2007						
<i>Grand Traverse / Antrim</i>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Staff meeting 9:00	2 elders bowling 11:30	3
4	5 health commit- tee meeting 1:30 t.c	6 COA Board Meeting 10:00	7 Maristee trip 9-3	8 Charlevoix Bingo 11-4	9 Taco Fund Raiser P-Town /T&C 11:30-2	10
11	12 Mini Bingo 1-2	13 Elders Advi- sory 11-4	14 All Site Valentines Party 11- 3	15 T.C Euchre 1-4	16 home visit 1- 3	17
18	19 paperwork	20 COA COM- MITTEE 3:00	21 Council Meet 10am	22 language Class 1@6	23 home visit 1- 2	24 women retreat 8-7
25	26 paperwork	27 T.C elders movie/Lunch	28 exercise class 1-2			

Happy Birthday to our February Elders!

Joyce Ashmore 2/4

Mary Geiger 2/7

Edna Watrous 2/13

Christine Gilmore 2/15

Irene Otto 2/15

Wallace Yannott 2/15

David Wabanimkee 2/15

Julia Leareaux 2/16

Lewis Sawaquat 2/16

Lucille McSawby 2/18

George High 2/19

Eliza Beers 2/20

Andrea McDowell 2/20

Sam Evans 2/22

Patricia Burfield 2/26

Irene Mitchell 2/28

Enjoy your Day to fullest!!!

Grand Traverse Band Elders Advisory meets the second Tuesday of each

Anna Harwood, Chairperson, Grand Traverse County	534-7769
Ernest Gablow, Vice Chairperson, Leelanau County	357-7651
Evelyn Rivas, Secretary, Grand Traverse County	938-2879
Virginia Wabanimkee, Treasurer, Charlevoix County	536-0687
Percy Anderson, Antrim County	264-9803
Phyllis Johns, Antrim County	264-0527
James Mitchell, Benzie County	651-9238
Patrick Wabanimkee, Charlevoix County	536-0687
Allen John, Antrim County	631-0161
Anthony Sineway, Grand Traverse County	313-1280

Grand Traverse Band of Ottawa and Chippewa Indians

2605 N. West Bay Shore Drive

Peshawbestown, MI 49682

THE ELDERS
ADVISORY MEETS THE
SECOND TUESDAY OF
EACH MONTH. SITE
MAY VARY



7 GRANDFATHER

TEACHINGS

WISDOM

LOVE

BRAVERY

HUMILITY

TRUTH

HONESTY

RESPECT

INSIDE THIS ISSUE

CAREGIVER NEWS PG 2

MSU RECIPE

HYPOTHERMIA PG 3

TAX PREPARATION

HAPPY BIRTHDAY

CALENDARS PG 4-7

GTB Elders Newsletter

VOLUME 3

MARCH 2007

Family Language Classes

The Family Language Program is geared towards the family unit: Parents, Grandparents, Aunties, Uncles, Children, speaking together. The ability to speak has been shown to provide identity through a sense of personal, cultural and community belonging. The language will build upon and restore pride in the history and culture of the participants. This, in turn, strengthens the emotional, spiritual, mental and physical wholeness of a community and its members. The language lessons are geared for family participation. A meal is provided during each class.

March Schedule

Peshawbestown:	March 6 and March 20, Tuesdays 5:30 to 6:30 p.m. Adjacent to M-22 Library
Benzie:	March 7 and March 21, Wednesdays 5:30 to 6:30 p.m. Benzi Satellite Office
Charlevoix:	March 13 and March 27, Tuesdays 5:30 to 6:30 p.m. Charlevoix Satellite Office
Traverse City:	March 14 and March 28, Wednesdays 5:30 to 6:30 p.m. Traverse City Satellite Office

Match these words with the words in the middle column!

Dbasendiziwin-Zaagidwin-Mnaadendimowin-Nbwaakaawin-
Debwewin-Aakdehwin-Gwekwaadiziwin

Pauline Barber, Anishnaabemowin Program Director 534-7754



Inspiration

The time to laugh is when you don't have time to laugh.



A family of three tomatoes were walking downtown one day when the little baby tomato started lagging behind. The big father tomato walks back to the baby tomato, stomps on her, squashing her into a red paste, and says, "Ketchup!"



Caregiver Assistance News

□Easing Arthritis Pain

Just take a Walk!!

Researchers found that those who were getting regular physical activity were less likely to develop problems with walking, climbing stairs, and other daily activities.

Moreover, exercisers with some mobility problems were more likely to show improvement than inactive adults. Even those who had less than 30 minutes per day of moderate activity were less likely to show functional decline over time.

Tips for family Caregivers

1. Reward yourself with respite breaks often
2. Watch out for signs of depression
3. Accept Help when offered

4. Educate yourself about your loved ones condition and how to communicate with the Dr.
5. Be open to technologies and ideas
6. Trust your instincts
7. Grieve for your losses, and then allow yourself to dream new dreams
8. Stand up for your rights as a caregiver and a citizen
9. Seek support from other caregivers. There is great strength in knowing you are not alone.
10. Caregivers often do a lot of lifting, pushing and pulling. Be good to your back!

Nat'l Family Caregivers Association
800-896-3650 or www.nfcares.org

Recipe from Michigan State University Extension

Make and Bake Coating Mixes

Italian:

- 1 cup of oatmeal
- 1/3 cup grated Parmesan cheese
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic salt (optional)
- 1/8 teaspoon pepper

Southwestern:

- 1 cup oatmeal
- 1 tablespoon minced parsley
- 3/4 teaspoon chili powder
- 3/4 teaspoon paprika

Place dry ingredients in blender container or food processor; cover and blend about 1 minute, stopping occasionally to stir. Coat meat, poultry, fish or potatoes with oat mixture; bake until done.

Enjoy with a fresh steamed vegetable, brown-rice, along with that homemade slice of bread. On the bread you might try ;

Cinnamon Butter:

- 1/4 cup of soft butter
- 1 teaspoon of honey
- 1/4 teaspoon of cinnamon

Mix together and enjoy!! Yum!!!

Senior Driving

Drivers have to make about 15 major decisions for each kilometer driven requiring immediate action. As we age this process slows, and inclement weather does not help. Tips to help Seniors:

Drive a car that meets your needs, keep your car in peak operating condition, drive during daylight hours, focus on the road, don't follow too closely, enroll in a driver safety course, see your health care provider regularly, and maintain physical and mental

fitness! Risk factors include medications, visual decline, hearing loss, motor skill limitations, drowsiness or sleepiness.

AAA and Traffic Safety

Stay Safe in March's Windy and Cold Weather!!

Older adults can lose body heat fast. A big chill can turn into a dangerous problem even before you know what is happening. This is called hypothermia. Low body temperature can cause many health problems especially if you have diabetes, thyroid problems, Parkinson's disease, arthritis, or if you are taking some medications.

Signs to look for:

- Cold feet and hands
- Puffy or swollen face
- Pale Skin
- Shivering
- Slower than normal speech
- Acting sleepy
- Being angry or confused

Call 911 right away if you have warning signs. Wrap person in

warm blanket and do not rub person's legs or arms. Do not warm person in bath or use a heating pad.

Prevention: Stay Warm!

- Close off rooms you are not using
- Keep your blinds and curtains closed.
- Wear warm clothes during the day and use extra blankets at

Attention Elders!

Free Tax Preparation!!!!

From your local "Commission on Aging"

Please call for your appointment and to see what paperwork you will need to bring.

Antrim: 533-8703 Benzie: 325-4851
Charlevoix: 237-0103 Leelanau: 256-7590
Grand Traverse: 922-4688 Manistee: 723-6477

Tax Tips-Wise advice to a few new provisions

Telephone Tax Credit-A one-time credit for long distance calls since March 2003. Single filers get \$30; larger households get up to \$60. Claim more by adding up the taxes you actually paid (Line 71 on Form 1049)

Energy Credit-Energy improvements to your home. \$150 for a furnace, \$200 for windows, \$300 for water heater or central air conditioner, \$500 for insulation or storm doors. Form 5695

March AARP

Happy Birthday to all March Elders!!!

Elizabeth Yates 3/5	Patrick Wabanimkee 3/17
Lili Mae London 3/23	James Waukazoo 3/21
Paul Gates 3/5	Carolyn Milks 3/24
Mike Petoskey 3/1	Phyllis Wanegeshik 3/9
John Pedwaydon 3/14	Jean Ogemaw 3/24
Thurlow McClellan 3/26	Dora Burgess 3/5
Linda Woods 3/30	Steven Evans 3/2
Eddie Russell 3/9	Clara Russell 3/10
Eugene Wilson 3/7	Alvin Ance 3/24
Frederick Harter 3/29	Helen Smith 3/15
Thelma Bullis 3/25	Richard Bailey 3/1

April Highlights!!

MSU Health Food Classes TC 3 Mile
April 9,16,23,30, May 7, &14. 11:30 a.m.
MIEA Conference April 17-19
Youth and Elders Bowling April 27, May 4th, May 18, and May 25. Deadline to sign up is April 9th.
See your site coordinators for more info.



Gtb elders Traverse City/Antrim

March 2007

Anna Harwood
Elders coordinator
Phone 534-7769

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Meal Site Mon, Tues, Wed And Thurs 11:30-1			1 language class 1&6 pm	2 staff meet- ing 10 am	3
4	5 Victory Ca- sino 9-3	6 COA Meeting 10 am	7 B-Day Club cake and ice cream 12:30	8 Benzie Bingo 12-4	9 HOME Visit 1-2	10 Womens re- treat 8-7 pm
11	12 health board meet 1:30/amazing race meet 10:30	13 Elders Ad Visory 11-4	14. T.C Board Meet- ing 10am	15 T.C Euchre 1-4	16 Home Visit 1-2	17
18	19 MINI BINGO 1- 2	20 Crafts 1- 3	21 Council Meeting 10 am	22 Language Class 1&6 pm	23 Home Visit 1-2	24
25	26 PopCorn/ and Video on site 1-3	27 Craft Class 1-3	28 leave for language conference 1:00	29 Language conference	30 language conference	31 Language conference








G.T.B. CHARLEVOIX ELDERS

MARCH 2007



Center open Monday thru Friday from 8:00am t 5:00pm for Walking Exercise

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Grand Traverse Band of Ottawa & Chippewa Indians Charlevoix Community Center—10085 Wa-Ba-Noong-Mi-Kun, East Jordan, MI For information on activities call Daniel or Gene Phone: 231-536-0024 or Cell: 231-492-4351 <u>Elders Meal site lunches are served on Monday, Tuesday, Wednesday, Thursday</u> <u>From 11:30am to 12:30pm</u>				1 Craft Day 1:00pm–3:00pm	2 Staff Meeting T.C. 10:00am–12:00pm	3 
4 	5 All Sites Victories Casino 9:00–3:00pm	6 Language Class 1:00pm–3:00pm	7 Bowling & Lunch in Petoskey 9:00am–1:00pm	8 All Sites Bingo Bemzoe 12:00pm 4:00pm	9 Paper Work & Home Visits	10 Women Retreat Eagles Ridge 8:00am– 7:00pm
11	12 Amazing Race 10:30AM	13 Elders Advisory Meeting T.C. 11:00am–4:00pm	14 Bowling & Lunch In Petoskey 9:00am–1:00pm	15 All Sites Euchr;;;e 1:00pm	16 Paper Work Home visits	17 
18 	19 Lunch & Game Day 11:30–4:00pm	20 Language Class 1:00pm–3:00p,	21 Tribal Council Meeting 10:00an – 12:00pm	22 Craft Day 1.00pm–3:00pm	23 Paper Work Home Visits	24
25 	26 Education Lunch & Movie Day	27 Language Day 1:00pm –3:00pm	28 Leave for Language Con- ference	29 Language Conference	30 Language Conference	31 Language Conference

March 2007 LEELANAU




Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Lunch 12-1 Home Visits 2	2 TC Staff Meeting 10AM Local Store	3
4	5 Lunch 12-1 TC Store Run 1 Victories	6 Lunch 12-1 Game Day 1:00	7 Lunch 12-1 Language 1pm	8 Lunch 12-1 Home Visits 1pm Benzie Bingo	9 Local Store Run 11am	10
11	12 Lunch 12-1 TC Store Run 1pm TC HEALTH MEETING 1:30	13 Lunch 12-1 Elder Adv. Bingo/Meeting Commodity Day	14 Lunch 12-1 Language 1pm Game Day 2:30	15 Lunch 12-1 TC Euchre 1-4	16 Local Store Run 11am	17
18	19 Lunch 12-1 TC Store Run 1pm	20 Lunch 12-1 Game Day 1pm LEELANAU ELD- ERS MEET 10AM	21 Lunch 12-1 Language 1pm Tribal Coun- cil 10am	22 Lunch 12-1 DIABETES WORKSHOP MED. LODGE 10-12	23 Local Store Run 11am HOME VISITS 1PM	24
25	26 Lunch 12-1 TC Store Run 1pm	27 Lunch 12-1 Game Day 1pm	28 Lunch 12-1 Language Con- ference Travel Day	29 Lunch 12-1 Home Visits 1pm Language	30 Local Store Run 11am Language	31 Language Con- ference

Greg Bailey
Lee. Site
Coordinator
534 7740

COORDINATORS
MARY ANN ANTOINE
GREG BAILEY
231-534-7740
Fax: 231-7561



BENZIE ELDER'S..March 2007

Sun.	Mon	Tue	Wed	Thu	Fri	Sat
	Gloria Ptak 882-4116 Cell 492-4356	Joyce Duford		1 ELDER LUNCH 11:30-1	2 DEPT. 6 STAFF MTG. T.C. 10:00	3
4 	5 VICTORY CASINO 9-3 ELDER LUNCH	6 ELDER LUNCH/ craft 11:30-2	7 ELDER LUNCH/ EXERCISES 11:30-1:15	8 BENZIE ALL SITE BINGO 11-4	9 IN OFFICE	10 E Ridge Womens Re- treat Pe- shawbestown 8a.m-7p.m
11	12 AMAZING RACE 10:30 Health Board 1:30	13 ELDER'S ADVISORY/ MINI BINGO 11-4	14 ST. PAT'S LUNCH / EXERCISES 11:30-1:15	15 TC ALL SITE EUCHRE 1-4 ELDER	16 IN OFFICE	17 
18	19 LUNCH/ LANU- GAGE K. Hassen 11-1	20 ELDER LUNCH/MINI BINGO 11:30-2	21 TRIBAL COUNCIL 10:00 LUNCH/ EXERCISES	22 THRIFT SHOPPING 9-3 LUNCH	23 HOME VISIT IN OFFICE	24
25	26 ELDER LUNCH/ LANGUAGE 11:30-2	27 ELDER LUNCH / CRAFT 11:30-2	28 LANG. CONF. SAULT STE. MARIE LUNCH/	29 LANG. CONF. ELDER LUNCH 11:30-1	30 LANG. CONFER.	31 LANG. CONFER.

The Elders Advisory meets the second Tuesday of each month. Site

Anna Harwood, Chairperson, Grand Traverse County	534-7769
Ernest Gablow, Vice Chairperson, Leelanau County	357-7651
Evelyn Rivas, Secretary, Grand Traverse County	938-2879
Virginia Wabanimkee, Treasurer, Charlevoix County	536-0687
Percy Anderson, Antrim County	264-9803
Phyllis Johns, Antrim County	264-0527
James Mitchell, Benzie County	651-9238
Patrick Wabanimkee, Charlevoix County	536-0687
Allen John, Antrim County	631-0161
Anthony Sineway, Grand Traverse County	313-1280

Grand Traverse Band of Ottawa and Chippewa Indians

2605 N. West Bay Shore Drive

Peshawbestown, MI 49682

THE ELDERS
ADVISORY MEETS THE
SECOND TUESDAY OF
EACH MONTH. SITE
MAY VARY



INSIDE THIS ISSUE

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TION CLASSES

PAGE 2- HEALTH,
RECIPE, SCRAMBLE
GAME

PAGE 3- BIRTHDAYS
ELDER ADVISORY MIS-
SION STATEMENT

PAGES 4,5,6,7 ELDER
CALENDARS

GTB Elders Newsletter

VOLUME 3

APRIL 2007

Mini Pak'Koong, Happy Easter!!



MICHIGAN STATE UNIVERSITY EXTENSION PROGRAM

Will be offering a 6-week series with the Grand Traverse Band Elders., at the Traverse City site. Classes will include the following:

Week

1. Dining with Pleasure: Meals on a budget using commodity foods & variety Tuna patties, mixed vegetable casserole, sweet potato snack cake, milk
2. Adding to Convenience Foods: use convenience foods wisely, check labels Macaroni and cheese package with tuna and vegetables, instant pudding with dry milk and banana slices, corn muffins.
3. Balance—Healthy Pyramid Choices. Recipe Makeovers, muffin-tin meatloaves, ranch instant potatoes, flavorful green beans, mild, pyramid sundaes
4. Spice up Your Meals without Salt. Chicken-flavored rice mix-make your own, chicken & Rice bake, sugar-free jello with fruit.
5. Leftovers or Planned-overs—food safety, storage times, packaging & freezing, cook once-eat twice and sweet and sour barbeque on rice, canned fruit & cottage cheese.
6. What's in My Cupboard? What to eat when you don't feel like cooking. Tortilla roll-ups, no-cook food choices with all food groups.

Classes are scheduled **April 9, 13, 23, 30, and May 7, and 14th.** Please sign up at your site by April 6. The first 30 to complete the 6-week course will receive a cook book on cooking with commodities!! Questions please call your site coordinator.

Elder Volunteers
needed for fundraisers!

Please call your site
coordinator to find out
when you can assist and
help during these
events!

Megwetch !

Elders Easter Party

All site Lunch-
eon will be held
at the Traverse
City site from
12:00-3:00 p.m.

Instant mashed pota-
toes contain vitamins A
and C and are a good
source of potassium. A
16-ounce bag/box will
make about 10 cups of
mashed potatoes. Use
to thicken soups and
stews. Source: adapted
from Favorite Recipes
of Home Economics
Teachers.

Upcoming Events:

- *M.I.E.A.. Conference
- *Elders Assessment to
identify the health, daily
living, social, cultural, and
housing needs of every
individual GTB elder.



"Sharing the journey of forgiveness" Journal on Active Aging by Donald Koepke, MDiv, BCC to be con't in May

Although forgiving the past offenses may contribute to better health and well-being in individuals, it remain among the greatest of challenges. Contrary to the beliefs of many, to forgive is not necessarily to forget. Forgiving might involve remembering an offense all the more-to ensure it doesn't happen again, to prepare for the next time, or to learn from it. Nor does forgiveness

require reconciliation. Forgiveness can mean simply that people release the garbage, surrender the anger, and refuse to allow the offense to continue living within and poisoning the soul. Yet the journey of forgiveness is at the heart of every quest for meaning in life. And the ability to forgive appears to foster health and wellness.

Cheese-Potato Patties

2 cups hot mashed instant potatoes
1 egg
1/3 cup finely diced cheese
1 teaspoon dried parsley
1/4 teaspoon onion powder
1/4 teaspoon salt
3 tablespoons hot milk

Heat oven to 400 degrees F. In medium bowl, combine all ingredients except milk. Beat until creamy, adding milk as needed. Place by large spoonfuls onto greased baking pan. Bake 12-15 minutes until light golden brown. Makes about 10 patties; serve hot

Healthy Living for Elders: Scrambling for the Best Foods.

Unscramble the following words to spell some of the foods that are best for good health. Then, write down each of the numbered letters on the blanks below to figure out the message!

DAIRY FOODS

GOUYTR _ _ _ _ _
5 4

KIML _ _ _ _ _
6

PROTEIN FOODS

EBANS _ _ _ _ _
1 2

FSHI _ _ _ _ _
10

VEGETABLES ECYELR _ _ _ _ _
9

Message

1 2 3 4 5 6 7 8 9

FRUITS

UCJIE _ _ _ _ _ GARESP _ _ _ _ _
3 14

PEHAC _ _ _ _ _
7

GRAIN FOODS

RABED _ _ _ _ _
13

NAPKCAE _ _ _ _ _
8

TOOPTA _ _ _ _ _
11 12

10 11 12 13 14

MISSION STATEMENT OF THE ELDERS ADVISORY

Meet the Social, Recreational, Educational, needs of our adult community, in an environment that is fun, safe, inclusive and courteous for all who come here.

PURPOSE:

The Elders Advisory Committee shall serve to better the needs of the Indian Elderly Population, by providing a communication network for information to dispense to and among the Indian Elderly in the six county service area. The Chairperson of the Advisory Committee will also take the information obtained to the Tribal Council of the needs of the Elders in the six county service area. The elders would be any native American 55 and over residing in the six county service area.

Approved March 13, 2007 by the Elders Advisory.

Anishinaabemowin
Language Classes for April

Peshawbestown, April 3, 17
Charlevoix April 10, 24
Benzie, April 4, 18
Traverse City, April 11, 25

The elders department is currently working on the Caregiver Program. Look for updates in the May newsletter.



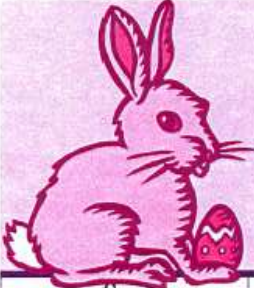
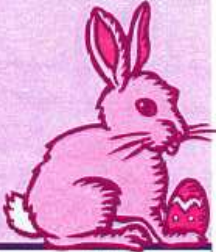
Mino Dibishkan!!

**HAPPY BIRTHDAY
APRIL ELDERS!!**

**Joseph Raphael 4/2
Alvina Napont 4/2
Rose Denemy 4/2
Arthur Schwanke 4/3
Richard McGrath 4/5
Lena McGrath 4/11
Henry Bailey 4/14
Gertrude Minzey 4/14
Quinton Walker 4/16
Percy Anderson 4/16
Louis Williams 4/17
George McClellan 4/19
Kathleen Lewis 4/20
Luella Cote 4/20
Nicholas Bailey 4/22
Robert Lewis 4/24
Anna Willis 4/26
John Concannon 4/28
Ruby Thomas 4/29
Alvina Marshall 4/29**

Northwest Michigan Transportation Alliance **Non-Emergency Medical Transportation**

Coordinates non-emergency medical transportation within the 3 county area. Seniors will be matched with appropriate transport including BATA's health ride & volunteers. Getting help to doctors' appointments or to the pharmacy to pick up your prescriptions! Coverage Area is in Grand Traverse, Leelanau & Benzie Counties. Contact person is Michelle Goetz Gahn, To schedule your ride or become a volunteer driver, call BATA at 231-941-2324 or 888-228-7743 **at least one week in advance.** www.bata.net

BENZIE ELDER'S

April 2007..REVISED 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
LANGUAGE MON,'S 1-2						
1 Lunch served Mon. thru Thurs. 11:30-1	2 HEALTH BD. MTG.TC 1:30	3 EUCHRE 1-2	4 EASTER LUNCH ALL SITE 12-3	5 ALL SITE BINGO P.TOWN 11-4	6 STAFF MTG. 10:00	7 COMMUNITY EASTER PARTY 11-2
8	9 PAT'S VISIT/ MSU FOOD CLASS 1:30	10 ELDER'S AD- VIS/MINI BINGO 11-4	11 CRAFT DAY 1-2	12 ALL SITE EUCHRE 1-4	13	14
15	16 K. HASSEN 11- 1/FOOD CLASS 1:30	17 MIEA MANISTEE	18 MIEA	19 MIEA	20 BOWLING ALL SITE 11-3	21
22	23 COTTAGE CAFÉ 9 AM FOOD CLASS 1:30	24 MINI BINGO 1-2	25 U-CAN DO DINNER 5:30-8	26 CRAFT DAY 1-2:00 <u>COMMODITY.</u>	27 YOUTH/ ELDER BOWLING	28
29	30 FOOD CLASS 1:30					

GLORIA PTAK...JOYCE DUFORD
BENZIE COORDINATOR'S
CELL 492-4358

GTB ELDERS ANTRIM/TRAVERSE CITY

APRIL 2007

MSU HEALTH FOOD
CLASSES APRIL 9-
13-23-30 11:30

ANNA M. HARWOOD /
COORDINATOR 534-7769

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 LANGUAGE CONFERENCE	2 HEALTH BOARD 1:30	3 COA BOARD MEET	ALL SITE EASTER LUNCHEON 12-3	5 ALL SITE PE- SHAWBETOWN BINGO 11-4	6 nmcBODY MECHCANICS10-2	7
8	9 MINI BINGO1-2/ MSU 11:30-12:30	10 ELDERS ADVI- SORY 11-4	11 AOA MEETING 10//CRAFTS 1-3	12 T.C ELDERS EUCHRE 1-4	13 HOME VISIT 1- 2	14
15	16 msu/COOKING CLASS 11:30	17 LEAVE FOR M.I.E.A AT2:00	18 M.I.E.A	19 M.I.E.A	20 ALL SITE ELDERS BOWL- ING FOR DAY11- 3 11-	21
22	23 AMAZING RACE COTTAGE CAFÉ 9AM	24 CR5AFTS 1-3	25 AMAZING RACE DINNER T.C 5:30-8	26 LANGUAGE CLASS 1&6 PM	27 YOUTH/ ELDERS BOWL- ING	28
29	30 msu COOKING CLASS 11:30					

April 2007 LEE LANAU

MSU Health Food Classes April 9-13- 23-30- 11:30 am TC 3 Mile Office	2 Lunch 12-1 TC Store Run 1pm	3 Lunch 12-1Game Day 1pm, Easter Hat Decorating 3:15 pm (Bring hat)	4 Lunch 12-1 All Site Easter Luncheon 12-3 TC Home visits 1pm	5 All Site Bingo Peshawbestown 11-3, Community Easter Dinner 6-8	6 Staff Network Training 10-2pm Local Store Run 3pm	7
8	9 Lunch 12-1 TC Store Run 1pm	10 Lunch 12-1 Elder Advisory Bingo/Meeting 11-4 Commodity Day	11 Lunch 12-1 Language 1pm	12 Lunch 12-1,TC Euchre 1-4, Local Store Run 1pm Home Visits 3pm	13 Staff Training 9am-3pm	14
15	16 Lunch 12-1 TC Store Run 1pm	17 Lunch 12-1 Game Day 1pm MIEA Travel Day	18 Lunch 12-1 Language 1pm MIEA	19 Lunch 12-1 Home Visits 2pm MIEA	20 Local Store Run 11am Elder Bowling 11-3	21
22	23 Lunch 12-1 TC Store Run 1pm	24 Lunch 12-1 Game Day 1pm	25 Lunch 12-1 Language 1pm	26 Lunch 12-1 Home Visits 1pm	27 Local Store Run 11am Youth/Elder Bow/- ing ??	28
29	30 Lunch 12-1 TC Store Run 1pm				Crafts with Cindy John at the Heritage Library, Fridays 1:30-3:30 pm	

Coordinators:
Mary Ann Antoine Cell: 231-492-4357
Greg Bailey Cell: 231-492-4976








G.T.B. CHARLEVOIX ELDERS

APRIL 2007

Center open Monday thru Friday from 8:00am—5:00pm for Walking Exercise—Thank you, to all who walk.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Language Conference Returning	2 Paper Work Day & Program Shopping	3 Language Class 1:00pm—3:00pm	4 All Sites Easter Luncheon T.C. 12:00pm—3:00pm	5 All Sites Bingo Peshawbestown 11:00am—4:00pm	6 CNS Training 10:00am—2:00pm Good Friday	7 
8 	9 MSU Health Food Classes T.C. 11:30am	10 Elders Advisory Meeting T.C. 11:00am—4:00pm	11 Home Visits to Elders that do not Attend program	12 Lunch & Movie In Petoskey 11:00am—4:00pm	13 Crafts Class 1:00pm—4:00pm	14
15	16 MSU Health Food Classes T.C. 11:30am	17 Leave for M.I.E.A.	18 Tribal Council Meeting 10:00am M.I.E.A. Conf.	19 M.I.E.A. Conf.	20 Elders Shopping Day & Lunch in Petoskey Bed Bath & Beyond 11:00am—4:00pm	21 
22  Earth Day	23 MSU Health Food Classes T.C. 11:30am	24 Language Class 1:00pm—3:00pm	25 Amazing Race Dinner T.C. 5:30pm—8:00pm	26 Mini Bingo 1:00pm—3:00pm	27 Youth & Elders Bowling	28
29	30 MSU Health Food Classes T.C. 11:30am	Grand Traverse Band of Ottawa and Chippewa Indians Charlevoix Community Center—10085 Wa-Ba-Noong-Mi-Kuh, East Jordan, MI 49727 For information on activities call Daniel or Gene Phone: 231-536-0024 or Cell: 231-492-4351 email: dan,chingwa@gtbindians.com Elders Meal site lunches are served on Monday, Tuesday, Wednesday, Thursday From 11:30am - 12:30pm				28 

The Elders Advisory meets the second Tuesday of each month. Site

Anna Harwood, Chairperson, Grand Traverse County	534-7769
Ernest Gablow, Vice Chairperson, Leelanau County	357-7651
Evelyn Rivas, Secretary, Grand Traverse County	938-2879
Virginia Wabanimkee, Treasurer, Charlevoix County	536-0687
Percy Anderson, Antrim County	264-9803
Phyllis Johns, Antrim County	264-0527
James Mitchell, Benzie County	651-9238
Patrick Wabanimkee, Charlevoix County	536-0687
Allen John, Antrim County	631-0161
Anthony Sineway, Grand Traverse County	313-1280

Grand Traverse Band of Ottawa and Chippewa Indians

2605 N. West Bay Shore Drive

Peshawbestown, MI 49682

THE GRAND
TRAVERSE BAND OF
OTTAWA AND
CHIPPEWA INDIANS
HAS A COMMITMENT

GTB Elders May Newsletter

FY 07 Senior Farm Market Program

HAPPY BIRTHDAY MAY
ELDERS!!!

SUZANNE TRAYLER 5/30

MERLIN SHAWNOSKEY
5/4

CATHY PHILO 5/4

TIM FINCH 5/12

BENNETT PAUL 5/25

THOMAS JOHN 5/18

ALVINA BAILEY 5/24

GERALD HARTER 5/2

ROBERT WONEGESHIK
5/19

WAYNE AGOSA 5/20

LINDA HOLT 5/6

MARIE MCSAWBY 5/12

JANE HOMMINGA 5/22

PAT CASTANEDA 5/12

RANDOLPH MILLER
5/12

ROBERT WASHEGESIC
5/13

MABEL ANCE 5/18

SHARON KENNEDY
5/24

WILLIAM SCHEIDING
5/10

JANET BRIGHAM 5/15

The U.S. Department of Agriculture created the Senior Farmers' Market Nutrition Program to provide low-income seniors with coupons they could exchange for eligible foods at farmers' markets, roadside stands, and community supported agriculture programs. The major goals of this program is to provide resources in the form of fresh, nutritious, unprepared, locally grown fruits, vegetables; to increase the domestic consumption of agricultural commodities by expanding or aiding in the expansion of domestic farmers' markets, roadside stands, and to develop or aid in the development of new and addition farmers' markets and roadside stands. This year the Tribe was considered a "State agency" designating official responsibility for ensuring the program is operated in accordance with the State Plan. If you are interested in applying for the FY 07 SFMNP Coupons please see your site coordinator and fill out an application, sign a proxy form, receive participant instructions, and get a copy of the SFMNP income eligibility guidelines. If you have question regarding these new forms, please call Lil Dorsch at 534-7763 or Pat Putney at 534-7762

"This institution is an equal opportunity provider"

FY 07 –08 Title VI Part C Elders Caregiver Program

The family caregiver support programs major goal is to provide education, support and respite to designated caregivers, who have individual family needs that cannot be met through traditional funding systems. These systems include, GTB Medicine Lodge, Area on Aging, commission on Aging, Catholic Human Services and the Michigan State Family Independence Agency, and others. By coordinating with these agencies, either by referral or direct service, we are able to meet more of the caregiver needs. Categories of assistance may include (but not limited to): health, safety, and welfare. This caregiving assistance at a minimal amount may include: prescription medications, transportation expenses, nutrition, or environmental safety measures. The applicant (caregiver) must be an adult family member, or another individual, who is an informal (primary) provider on in-home and community care, who has been assigned to caring for an elder, or a grandparent (55 or above) raising grandchildren with guardian ship, who are age 19 or younger. Other qualification are that they must be a member of a federally recognized tribe and living in the six county service area. We work closely with the GTB clinic medical services to assure that these caregiver needs are being met. You may obtain an application by contacting your site coordinator or GTB Medicine Lodge. If you have questions, please call Lil Dorsch at 534-7763 or Pat Putney at 534-7762.







Grand Traverse/Antrim

May 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lunch MTWTh Anna Harwood 534-7769 Cell 492-4352		1 coa meet	2 t.c elders spring ride 1-3	3 thrift store shop- ping 9-12	4 youth/elders bowling	5
6	7 msu cooking class 11:30	8 Elders Advi- sory 11-4	9 all site mothers day luncheon/raffle 11-3	10 all site bingo t.c 11-4	11 home visit 1-2	12
13	14 msu cooking class 11:30	15 crafts 1-3	16 council meet- ing 10am	17 garage sales 9- 11/language class 1:00	18 youth/elders bowling	19
20	21 soaring eagle casino 9-3	22 t.c elders me- morial day picnic 11:30	23 farmers mar- ket 1:00	24 T.C Euchre 1-4	25 youth /elders bowling/Beach bum game evening	26
27	28 Closed	29 Paper work	30 farmers mar- ket 1:00	31 language class 1:00/ Senior Fitness Day		

May 2007 LEELANAU

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Coordinators: Mary Ann Antoine Cell: 231-492-4357 Greg Bailey Cell: 231-492-4976 Office phone: 231-534-7740 Community Room: 231-271-4573 Fax: 231-534-7561		1 Lunch 12-1 Game Day 1:00	2 Lunch 12-1 Language 1pm	3 Lunch 12-1 Home Visits 1pm	4 Staff Meeting TC 9am Store run 2pm Youth/Elder bowling 6-8	5 
6 	7 Lunch 12:00 TC Store run 1pm	8 Lunch 12-1 Elder Advisory 11-4 Commodity Day	9 Lunch 12-1 Mothers Day Luncheon/Raffle 11-3	10 Lunch 12-1 TC All Site Bingo 11-4	11 Home Visits 1pm Education Banquet GT Resort 6-9	12
13 Happy Mothers Day 	14 Lunch 12-1 TC Store Run 1pm	15 Lunch 12-1 Game Day 1:00	16 Lunch 12-1 Language 1pm	17 Lunch 12-1	18 Home Visits 1pm Youth/Elder Bowling 6-8	19
20	21 Lunch 12-1 TC Store run 1pm Mt. Pleasant Casino 9-3	22 Lunch 12-1 Game Day 1:00 Leelanau Elders/ Pat Putney 10am	23 Lunch 12-1 Language 1PM	24 Lunch 12-1 TC Euchre 1-4	25 Staff Training All day Youth/Elder Bowling 6-8 TC Baseball game	26
27	28 Memorial Day Holiday	29 Lunch 12-1 Game Day 1PM	30 Lunch 12-1 Language 1pm	31 Lunch 12-1 Smoke Free Pow-Wow Strongheart 6-10 		



G.T.B. CHARLEVOIX ELDERS


MAY, 2007



Center open Monday thru Friday from 8:00am to 5:00pm for Walking Exercise. Thank you, to all who walk.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Grand Traverse Band of Ottawa and Chippewa Indians Charlevoix Community Center 10085 Wa-Ba-Noong-Mi-Kuh, East Jordan, Michigan		1 Language Class 1:00pm—3:00pm	2 Spring Ride 1:00pm—4:00pm <i>Full Moon</i>	3 Lunch & Movie Petoskey 11:00am—4:00pm	4 Staff Meeting T.C. 10:00am Elders & Youth Bowling	5 
6	7 MUS Health Food Classes T.C. 11:30am	8 Elders Advisory Meeting T.C. 11:00am—4:00pm	9 All Sites Mother's Day Lunch & Raffle T.C. 11:00am—3:00pm	10 All Sites Bingo T.C. 11:00am—4:00pm	11 Paper Work & Home Visits	12
13 	14 MUS Health Food Classes T.C. 11:30am	15 Language Class 1:00pm—3:00pm	16 Tribal Council Meeting 10:00am	17 Yard Sales	18 Elders & Youth Bowling T.C.	19 
20	21 All Sites Soaring Eagle Casino 9:00am—3:00pm	22 Elders Memorial Day Picnic	23 Mini Bingo 1:00pm—3:00pm	24 Craft Day 1:00pm—4:00pm	25 Office Closed Staff Training	26
27 	28 Office Closed Memorial Day	29 Language Class 1:00pm—3:00pm	30 Trip to Bed Bath Beyond Petoskey 1:00pm—4:00pm	31 Lunch with LTBB 11:00am—2:00pm <i>Full Moon</i>	For information on activities call Daniel or Gene Phone: 231-536-0024 Cell: 231-492-4351 Email : dan.chingwa@gtribindians.com <u>Elders meal site lunches are serviced on</u> <u>Monday, Tuesday, Wednesday, Thursday</u> <u>From 11:30am—12:30pm</u>	

BENZIE ELDER'S ...MAY 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch serv- ed... Mon. thru Thurs. 11:30- 12:30	Language Classes Monday's 1-2 George Trudeau	1 Game Day 1-2:30	2	3 Thrift Shopping Day 9-2	4 Youth/ Elder Bowling 6-8	5
6 	7 M.S.U. Cooking Class 11:30 T.C.	8 Elder's Advisory/ Mini Bingo 11-4	9 All Site Mother's Day Lunch/ Raffle 11-3	10 All Site Bingo T.C. 11-4	11 Education Ban- quet G.T. Resort 6:30-9	12
13	14..M.S.U Cook- ing Class 11:30 T.C. Kathy Hassen 11-1	15 Craft Day 1-2:30	16 Tribal Council 10:00	17 Yard Sales T.C. 9-2	18..Youth/ Elder Bowling 6-8	19
20	21 Soaring Eagle Casino 9-3	22 Memorial Day Picnic T.C. 11:30	23 Farm Mkt. 10:30	24 All site Euchre 1- 4	25 All Staff Training/ Y./E. Bowling 6-8/ Beach Bum Game	26
27	28 Office Closed/ Holiday	29 Craft Day 1-2:30	30 Mini Bingo 12:30-2	31 Smoke Free Pow Wow Strong- heart 6-10	GLORIA PTAK/ JOYCE DUFORD BENZIE COORDINATORS CELL.492-4358 REVISED	

The Grand Traverse Band of Ottawa and Chippewa Indians has a commitment to improving the quality of life for the GTB elders and all members. Over the past four years the GTB has conducted several studies to examine the health, housing, and long term care needs of GTB elders residing in the six county service area. These studies indicate that many of the elders, especially those 55 and older, have functional limitations that make independent living increasingly difficult. The Tribal Council has approved the Elder Needs Assessment. Interviews for this Needs Assessment may take place at a location convenient to the elders. This could be at their home or at a GTB office or meal site. An Individual Elder's Service Plan is to be filled out at the completion of the Needs Assessment. This Needs Assessment will be phased in targeting the Elders 65+ first, and the goal is to offer every GTB elder 55+ the opportunity to receive a comprehensive individual assessment and assistance in accessing the services that best match their individual needs.

Grand Traverse Band of Ottawa and Chippewa Indians
2605 N. West Bay Shore Drive
Peshawbestown, MI 49682